



May 2019



WELLNESSWORKS
MIAMI-DADE COUNTY

Wellness Watch

Providing Miami-Dade County Employees with the Latest Wellness News, Programs and Events

AvMed



MAY IS MENTAL HEALTH MONTH

Raising awareness about mental health and eliminating the stigma is important.

Approximately one in five adults in the United States, 43.8 million, or 18.5%, experiences a mental illness in a given year and approximately one in five youth aged 13–18 (21.4%) experiences a severe mental health disorder at some point during their lifetime. For children aged 8–15, the estimate is 13%. Mental illness is not prejudiced; as mental health disorders affect men and women of all ages, races and social classes. Since 1949, the month of May has been observed as Mental Health Month in the United States and many national organizations such as NAMI, Mental Health America and other affiliates spotlight Mental Health Month to raise awareness about the importance of mental health and to stop the stigma associated with mental health disorders.

Mental health is important for our physical health and vice versa. A well-balanced diet, a healthy sleep schedule, exercise, gut health, and hydration all affect our mental health and our physical health equally. Studies have shown that individuals who have chronic medical illnesses such as diabetes, high blood pressure or autoimmune disorders have a higher likelihood of being diagnosed with a mental health disorder such as depression or anxiety. Our bodies and mind act as one unit and therefore it is important to care for both our emotional and mental states as well as our physical health.

Changing your health by changing your habits

A good start on the road to improving your overall health is to focus on the following healthy aspects of daily lives that will promote and contribute to mental wellness:

- Maintain uninterrupted sleep for 8 hours each night.
- Avoid sugars, greasy foods, salts, processed foods and saturated fats.
- Consume more whole grains, greens, unprocessed foods, lean meats and unsaturated fats.
- Eat 2-3 well-balanced meals per day.
- Drink at least 3 liters of water per day.
- Consume natural probiotics such as yogurt, miso, sauerkraut, kefir, and kimchi.
- Engage in a physical for at least 30 minutes a day.
- Stay away from toxic thoughts, toxic people, and toxic conversations.



- Engage in positive thoughts and conversations.
- Practice mindfulness or meditation on a daily basis.
- Learn how to manage your stress.
- Stay present in your daily relationships.
- Avoid “screen time” and engage in more “in person time”.
- Visit your doctor for preventative health and cancer screenings.
- Take time for yourself every day.

Small changes have big impacts

For the month of May, you can challenge yourself to make small positive changes in your life that can benefit your mind and your body. Document these changes and share with friends and family your successes. You may be surprised by how much positive impact one small change can have on your life.

SOURCE: www.psychologytoday.com/us/blog/happiness-is-state-mind

HASSELBACK TOMATO CAPRESE SALAD



Use the hasselback technique to upgrade plain caprese salad with this fun twist! Cutting partially into the whole tomato creates openings to layer in fresh mozzarella cheese, basil and a balsamic drizzle for tons of flavor in this unique vegetable side dish recipe.

INGREDIENTS:

- 4 medium tomatoes, cored
- 3 ounces fresh mozzarella, thinly sliced into 16 pieces
- 16 fresh basil leaves
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon balsamic glaze (see Tip)

Preparation:

Place tomatoes cored-side down on a cutting board. Make 8 cuts down each tomato, slicing almost to the bottom (or core) but not all the way through. Carefully transfer the tomatoes to a serving platter. Fill each cut alternately with mozzarella and basil. Sprinkle with salt and pepper. Drizzle with oil and balsamic glaze.

- **Tip:** Balsamic glaze is balsamic vinegar that's cooked until it's very thick. Look for it with other vinegars in well-stocked supermarkets.

<http://www.eatingwell.com/recipe/258118/hasselback-tomato-caprese-salad/>

HEALTHY SELFIE



Blanca Morales, Senior Executive Secretary, Audit and Management Services Department makes living an active lifestyle enjoyable. "I enjoy very much any type of fitness classes, either hitting the gym or Zumba. For me, keeping myself active is important to maintain inner happiness and overall well-being. "No pain – no Gain".

Send us a picture showing you participating in your favorite type of exercise and you will be entered in a raffle to win a prize. Email photos to: WellnessWorks@MiamiDade.gov.

APRIL EVENTS

Sunday, May 5, 2019 at 7:00

Wings for Life World Run

1 Panther Parkway, BB&T Center, Sunrise, FL 33323



Sunday, May 5, 2019

Swim Miami 2019

Miami Marine Stadium, 3501 Rickenbacker Causeway, Miami, FL 33149

Thursday, May 9, 2019

FIU Night Kayaking 2019

Florida International University, 3000 N.E. 151 Street, Wellness and Recreation Room: WUC 160, Miami, FL 33181

Friday May 10th, 2019

Miami-Dade County Spring Wellness Fair

Steven P Clarke Center - 111 NW 1st St., Miami, FL 33128

Saturday, May 18, 2019

Prostyle Ultimate Team competition

Pal Stadium, 1000 NW 70th Ave., Plantation, FL 33313

Saturday, May 25, 2019

5k- DOG RUN

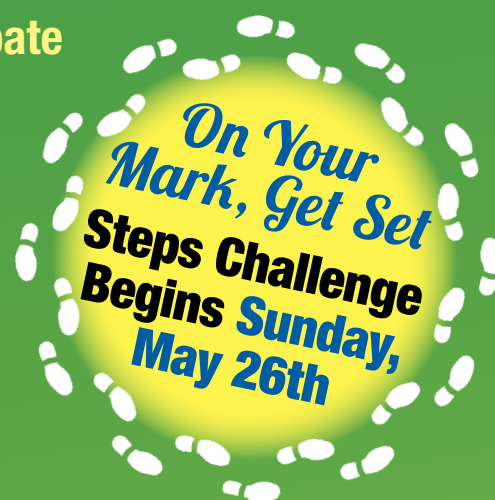
Amelia Earhart Park, 401 East 65th Street, Hialeah, FL 33012

step UP your game

Steps Challenge

The Wellness Works Program invites you to participate in our 2nd Quarter Health Challenge.

This competition will challenge everyone to reach 150,000 in 4 weeks.



What are the benefits of trying to walk 10,000 steps a day?

- Boost your energy
- Aid relaxation and clear your mind
- Improve confidence and mood
- Help manage your weight
- Promote healthier cholesterol and blood pressure
- Build stronger bones and muscles
- Reduce your risk of heart attack

Join us! Registration Opens May 13th

HOW TO ENROLL IN THE CHALLENGE

- Visit www.healthyroads.com and log in to your account
- Click on **Challenges**
- Select **"Step Up Your Game Steps Challenge"**

NEED TO CONNECT A DEVICE?

Once logged into www.healthyroads.com, click the **"My Health"** tab at the top of the page, followed by **"Connected!"**



Employees that received a Free Fitbit through the Wellness Works program in the past are not eligible for another free Fitbit. Upon completion of the challenge, you will receive 25 points toward your 75 point goal for the quarter. For each quarter in which you earn 75 points you will be entered to win one of the many \$250 wellness rewards (subject to payroll taxes.)

For additional information contact the WellnessWorks team by emailing WWOnsiteCoaching@AvMed.org.



Human Resources...Matters!